



*For the families and friends of those who have died by violence*

# POMC

SUPPORT  
NEWSLETTER

Front Range Chapter  
Parents of Murdered Children

FEBRUARY-MARCH 2019



*The 33rd Annual—2019 National  
Conference will be held in  
DENVER, August 8—11th.*

*The convention will be held at the Denver  
Tech Center Marriott. This years theme is  
"Together We Climb The Mountain To The  
Peak Of Hope"*

**At our last meeting, we voted back in as  
Board members, Phil Clark, Joe Cannata  
and Kaye Cannata. We also voted in a  
new Board member. Please welcome  
Tiffany Starrett.**

**She has accepted a position as our new  
Treasurer and has taken over the news  
letter. You may notice some changes.  
Please let us know your thoughts on the  
changes and let us know if you have any  
poems or articles.**

**[POMCColorado@gmail.com](mailto:POMCColorado@gmail.com)**



**PARENTS OF MURDERED CHILDREN NATIONAL OFFICE—CINCINNATI, OHIO**

## Don't Quit

When things go wrong as they sometimes will,  
When the road you're trudging seems all uphill  
When the funds are low and the debts are high  
And you want to smile, but you have to sigh  
When care is pressing you down a bit -  
Rest if you must, but don't quit.

Life is strange with its twists and turns  
As every one of us sometimes learns  
And many a fellow turns about  
When he might have won had he stuck it out.  
Don't give up though the pace seems slow -  
You may succeed with another blow.

Often the goal is nearer than  
It seems to a fair and faltering man  
Often the struggler has given up  
When he might have captured the victor's cup  
And he learned too late when night came down  
How close he was to the golden crown.

Success is failure turned inside out -  
The silver tint of the clouds of doubt  
And you never can tell how close you are  
It may be near when it seems afar  
So stick to the fight when you're hardest hit -  
It's when things seem worst that you mustn't  
quit.

Author Unknown

### WHY WE ARE HERE

1. To support persons who survive the violent death of someone close, as they seek to recover.
2. To provide contact with similarly bereaved persons and establish self help groups that meet regularly.
3. To provide information about the grieving process and the criminal justice system as they pertain to survivors of a homicide victim.
4. To communicate with professionals in the helping fields about the problems faced by those surviving a homicide victim.
5. To increase society's awareness of these problems.

### POMC NEWSLETTER STAFF AND INFORMATION

This newsletter is published bi-monthly by volunteers prior to the regular POMC meeting. It is the official publication of the Front Range Chapter of POMC. Articles, poems, and letters from members are welcome. They may be edited for length and conciseness. Mail such items to the editors:

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#### Memorials & Birthdays:

Phil Clark, 303 748-6395

#### Roster & Mailing List:

Joe Cannata, 303 345-7301

#### Healing & Bereavement

##### Resources:

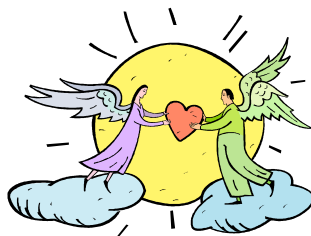
Phil Clark, 303-748-6395

#### Trials and Hearings:

Phil Clark, 303 748-6395

Joe Cannata, 303 345-7301

## Love Gifts



**Our Chapter Thanks the following group of members who gave a donation in honor of their loved one.**

**Tiffany & Andy Starrett**

### FRONT RANGE CHAPTER INFORMATION AND NUMBERS "We Are Here to Help"

#### Web Site

[www.colorado-pomc.org](http://www.colorado-pomc.org)

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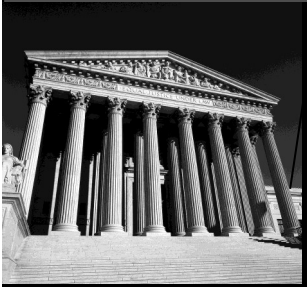
#### New Members

Truth Wright

Julie Rudnick

Court Rudnick

Keeta Bingham



# Trials & Hearings

No trial updates



## Comfort Corner: Grief

### Creatively Coping with Grief

By Kirsti A. Dyer MD, MS, FT

*At the deepest level, the creative process and the healing process arise from a single source. When you are an artist, you are a healer; a wordless trust of the same mystery is the foundation of your work and its integrity.*

— Rachel Naomi Remen, M.D.

Each of us possesses our own special talents and creative gifts, whether you are a writer, dancer, actor, gardener, cook, painter, musician or photographer.

Creative projects can help a grieving person find a way to express grief. Remembering someone, whether in writing, song, or other artistic media, can be very therapeutic. A grieving person may not know the words, or the words do not exist, to adequately express the deep emotion of grief. Turning to other means of expressing the grief can help bring that grief to life.

Creative expression can also help lift a grieving person's spirits; this can help bring the inner chaotic emotions deep inside to the surface by discovering original ways of expressing intense, difficult emotions. Creating expressions of grief or experiencing the unique endeavors of others is reminder of the recuperative power of humans — the ability to create beauty or find hope in loss and tragedy.

### Music

Singers, songwriters, composers and musicians create their music often as an expression of their grief or a tribute to a person who has died. Eric Clapton composed "Tears in Heaven" following his son's accidental death from a fall as a poignant expression of his grief. The song "Fly" sung by Celine Dion described her emotions and feeling surrounding the death of her niece, Karine, who died from Cystic Fibrosis. Paul McCartney wrote "Here Today" in memory of John Lennon following Lennon's tragic shooting. Elton John wrote "Empty Garden" following Lennon's death, and rewrote "Candle in the Wind" to remember Princess Diana after her death.

Musical concerts have been hosted in memory of people who have died. Perhaps the first prominent one was the Freddie Mercury Tribute Concert for AIDS Awareness. The 1992 concert was held in memory of Freddie Mercury, the lead singer of Queen, who had died from AIDS in 1991. Profits from the concert were used to launch The Mercury Phoenix Trust, an AIDS charity organization. In 2002 the Concert for America was held with both musical and theatrical presentations in honor of the first anniversary of the Sept. 11 attacks. The Concert for Diana was held on July 1 2007 which would have been her 46th birthday. Proceeds from this concert went to charities supported by the late Princess of Wales, and to charities that Princes William and Harry support.

### Writing

Many of the classic books on grief have been written by authors as a way of coping with their own grief. C.S. Lewis wrote "A Grief Observed" as his way of dealing with the death of his wife, Joy. Rabbi Harold Kushner faced a crisis of faith when his son Aaron died, and "When Bad Things Happen to Good People" was his reaction to this personal tragedy. "Love You, Mean It: A True Story of Love, Loss, and Friendship" is a true story, written by four widows of the Sept. 11 World Trade Center attacks, released for the fifth anniversary of the tragedy as a tribute to the memory of their husbands and a realization that despite tragedy, life goes on.

Poetry is another common way of expressing grief. With poetry very complex feelings can be distilled into a few lines of pure emotion. Poets throughout the ages have expressed their grief in verse. The Bard of Avon, William Shakespeare, often wrote of grief within the poetic passages in his plays. The oft-quoted line "Give sorrow words; the grief that does not speak whispers the o'er-fraught heart, and bids it break," comes from "Macbeth." W. H. Auden's "Funeral Blues," Edna St. Vincent Millay's "Time does not bring relief," William Wordsworth's "Grieve Not," Christina Rossetti's "Remember," John Donne's "Death Be Not Proud," Cannon Henry Scott Holland's "All is Well" and Elizabeth Barrett Browning's "Grief" are all examples of using poetry to aid in the grieving process.



# Comfort Corner: Healing

## What About This Thing Called 'Acceptance'?

By Elizabeth Harper Neeld, Ph.D.

A partner reports:

*Probably the hardest thing for me to tolerate after Leslie died was the lethargy. I lost all ambition. Up until that time I had been gung-ho about everything. I had a game plan that excited me. I worked out regularly at the gym. I had high goals in life and total confidence that I would reach them. But with Leslie one, I just didn't care about anything.*

*Lately, though, something has started to change. It's like I'm waking up. The thing that has excited me is the idea of simplifying my life. I'm looking to see how many things I can get rid of around the house that is just clutter. It's a game for me to find as many ways as possible to make things more simple.*

*But I also have to admit that sometimes it's upsetting. Many of the changes involve things related to my life with Leslie. We were into buying old — I mean really run-down — houses and fixing them up to rent. We fixed them up together, and then Leslie managed them. Now, every time I sell one of those houses, I feel like another part of Leslie is gone. But the rewards of simplifying are strong. So I just keep moving on with the project. (Adapted from *Seven Choices* by Elizabeth Harper Neeld)*

Probably if there is any information that people have heard about the grieving process, it is the famous five steps: denial, anger, bargaining, depression and acceptance. And if there is any one thing that I have heard people say makes them feel the most like a failure at grieving, it is these same five terms.

Why?

The famous “five stages of the grieving process” end at “acceptance,” yet there is at least half of the complete grieving process left to do! Whatever one means by the term “acceptance” (whether resignation — the definition of most people — or gaining a useful perspective), getting to this place is only a point in the ongoing continuum of what it means to grieve fully.

What happens after we come to see that we will need to reshape and replan our lives in a way that honors our loss yet is not dominated by it on a daily basis we begin, then, what researchers call the “longer-term adjustive” tasks.

Here's an example of these longer-term adjustive tasks:

A woman talks:

*I had been married to George for almost fifty years. We had that kind of old — fashioned marriage where he handled all the finances and outside things, and I handled the family and ran the house. With him gone, I realized I had to learn all kinds of things — like how to reconcile a bank statement and balance a checkbook. And establish a whole new network. You know, like finding someone you can trust to tell you what's really wrong with your car and not charge you an arm and a leg for fixing it. I saw that I was just going to have to move out and do these things. (Adapted from *Seven Choices* by Elizabeth Harper Neeld)*

These longer-term adjustive tasks are very hard and courageous work. And they are as central to the complete grieving process as the initial experiences of shock and disorientation.

How did some come to name only the five terms — denial, anger, bargaining, depression, acceptance — the full grieving process?

These terms come from the excellent work of Dr. Elisabeth Kubler-Ross who worked with people who were dying in a hospital in London. As she watched these patients deal with their pending deaths, she began to see a pattern. They often would deny that they were about to die. Then they would get very angry. They might think of a bargain they could make that would keep them alive — e. g., if I follow this food regimen, then I can get well. When this didn't seem to be working, the patients felt depressed. Finally, Dr. Kubler-Ross identified that the dying people accepted that they were going to die.

The trouble is that the “five stages” that originally described the grief process of a person who was dying have been applied to those of us who are still living!

And the terms don't fit.

We still have a whole set of actions to take that are in addition to dealing with our initial responses to our loss. We have to learn how to live productively and, we hope eventually, with a renewed sense of love for life without the lost person. And often we have to do this work around people who don't understand that we are still grieving...that this longer-term adjustive work we have to do is as hard as any other part of the grieving process has been.

The best gift we can give ourselves in this matter is to remember that the complete grieving process includes these longer-term adjustive tasks as we move forward to integrate our loss into our lives in a way that is honest and productive. The complete grieving process does not end with just a change in perspective.



# Comfort Corner: Self Care

## 5 Minute Mindful Breathing Exercise

Kim Pratt, LCSW

Want to learn more about mindfulness? Try this simple exercise below. This mindfulness of breath exercise is based on the work Jon Kabat-Zinn, PhD., founder of Mindfulness Based Stress Reduction and author of best-selling book, *Wherever You Go, There You Are*.

These exercises are most powerful if guided by another, so ask a friend or your spouse to read the instructions to you slowly while you follow. Or, read this document and then listen to this similar, guided breathing meditation from the UCLA Mindful Awareness Research Center.

1.) Find a comfortable and stable posture either sitting or lying on your back. Allow your back to be straight but not rigid. Let your arms and hands rest in a relaxed position.

Pause here and after each subsequent step.

2.) Close your eyes, if it feels comfortable. If not, soften your gaze.

3.) Bring your attention to the present moment by noticing how you're feeling physically. Scan your body from head to toe and consciously try to let any tension slip away. Take a moment to notice your environment – any sounds you might hear in the background, what the temperature feels like in the room.

4.) After that, bring your attention to your breathing from three vantage points:

–First, notice the sensation of your breath going in/out of your nostrils or mouth.

–Second, as you breath, pay attention to the rise/fall of your chest.

–Third, notice the rise/fall of your belly as you breath.

5.) Pick the vantage point that seems to be the easiest for you to focus on. Follow the breath for its full duration, from the start to finish. Notice that the breath happens on its own, without any conscious effort. Some breaths may be slow, some fast, some shallow or deep. You don't need to control the breath, you just need to notice it.

6.) If you find it helpful, you can say "1" to yourself on each in-breath and "2" on each out-breath.

7.) Each time your mind wanders away from the breath (and this will happen many times!), notice where it goes and then gently bring your attention back to the feeling of the breath going in and out.

When the mind wanders, you can make a mental note of it. For example, if you drift away from your breath to thinking about the future, you can say to yourself "planning, planning." If your mind is pulled to a sensation of pain in your body, you can say to yourself "pain, pain." Or, if you notice you're focused on something worrisome from the past, you can say "worry, worry" and then gently bring your attention back to the present moment – noticing the breath.

8.) Your mind may wander hundreds of times or more during these 5 minutes – that's ok and quite natural! Your "job" is to catch yourself when you've wandered and to gently bring your focus back to the breath every time, without judging yourself for how "well" or "poorly" you're doing the exercise.

9.) Try to practice this exercise for 5 minutes (or longer if you'd like) every day, for at least one week. Notice how it feels to spend some time each day just being with your breath.

Practicing mindful breathing is like strengthening your muscle of living in the present; as you practice more, you'll find it easier to remain in the here and now, rather than being caught up in the past or in some fantasy about the future.

Living in the "now" tends to feel more peaceful and clear, even when external circumstances are difficult. Mindfulness practice is not a prescription for tuning out the world; rather, it's about tuning in with open and compassionate awareness. Relating to life from this vantage point not only feels better, but often results in more skillful living.

# Birthdays Remembered

Randy Fleming	2	1	1960	David Aric Rothrock	3	23	
Heather Harper	2	2	1975	Anthony (Tony) Gonzales	3	24	1942
Mark Nicholson	2	3	1958	Andrew Just	3	25	1980
Martin Macias	2	3	1960	Jesse Field	3	27	1979
Sherri Majors	2	3	1969	Jeffrey Smith	3	27	1992
Philisia Bunting	2	4	1974	Sid Wells	3	28	1961
Drake Smith	2	6	2003	Andrea Weiss	3	28	1976
Ronald (Ron) Georgopulos	2	8	1954	Chad Harvey	3	30	1975
Kay Lyn Robinson	2	9	1961	Daniel Kitts	3	31	1996
Roxanne Logan	2	12	1952				
Lorren Holcomb	2	14	1943				
James Mora	2	14	1972				
Anthony Taiitt	2	18	1960				
Matthew Kechter	2	19	1983				
Cissy Foster	2	20	1979				
John Wann	2	21	1973				
Karla Winberg	2	22	1961				
Monica Martinez	2	22	1974				
Michael McMullen	2	22	1980				
Lonnell Friend	2	24	1978				
David Michael Kelly II	2	26	1977				
Chris Irish	2	27	1971				
Vanessa Gushard	2	28	1976				
Garett Cordova	3	1	1965				
Jennifer Manchego	3	1	1974				
Jeremy Campton Craft	3	2	1970				
Sindy Wong	3	2	1977				
Corey DePooter	3	3	1982				
Danny Steve McQueen	3	5	1955				
Kurt Moore	3	5	1963				
Beth Haynes	3	5	1972				
Wayne Craig	3	6	1969				
John Rasser	3	7	1966				
Mark Francis	3	7	1976				
Michael Reichert	3	8	1964				
Steven Johnson	3	8	1986				
Shaniqua Coffman	3	8	1991				
Nathan Bailey	3	10	1996				
Edward Perez	3	15	1946				
Pedro A. Dominguez	3	16	1982				
Tina Sandoval	3	17	1972				
Megan Patricia Neylon	3	17	1982				
Paul A. Stone	3	18	1980				
McKinley Dixon Jr	3	20	1975				
Leslie Gonzales	3	20	1989				
Troy Baker	3	23	1977				





# In Memoriam

Louis	2	0	1985	Sherri Majors	3	18	1996
Brandon Gushard	2	1	1987	Ted Carleton	3	18	1996
David Michael Kelly II	2	1	1996	Meglan Renaud	3	21	1989
Jackie Maldonado	2	3	2002	Lori Jean Burritt	3	22	1990
Robert Ursetta	2	4	1995	Paul Hurtado Jr	3	22	1990
Abraham Hansen	2	4	2017	Natalie Lynn	3	27	2013
Bryan D. Lusk	2	5	2007	Michelle Vinson	3	28	1992
Amber Bullington	2	6	2000	Cher Elder	3	28	1993
Ada Johnson	2	9	1983	Paris Lamar Davis	3	29	1998
Garett Cordova	2	11	2002				
Vera Escobedo	2	16	2008				
Marco Escobedo	2	16	2008				
Chris Stockwell	2	16	2017				
Clair Weaver	2	17	1991				
Toni Clark	2	17	2008				
Gertrude Brown/Nussel	2	20	1992				
Carmina "Nina" Anderson	2	21	1973				
Peter Beaupre`	2	23	1995				
McKinley Dixon Jr	2	25	1994				
Clarence Thomas	2	25	2017				
Terrell Ephriam	2	26	2014				
Erin Golla	2	27	2002				
Robert Zajac	2	27	2002				
Jordan Miranda	2	29	2016				
Sheldon Sullivan	3	1	1998				
Mark Francis	3	1	2002				
Maria Cordova	3	1	2003				
Falon Watson	3	1	2014				
Alice Jane Hensley	3	3	2001				
Martin Macias	3	4	1901				
Mark Smith	3	4	1995				
Ron Haynes	3	4	2006				
James Mora	3	7	1992				
Andrew Just	3	7	1998				
Gloria Bailey	3	8	1981				
Ruby Sparks	3	8	1981				
Ralph Earl Pettis	3	9	1986				
Harold Lee Prelow	3	9	1996				
Alan Friedman	3	10	1989				
Carrie Lee Gonzales	3	11	1984				
Larry Heil	3	12	1991				
Roxanne Logan	3	12	1995				
Roderick Paulsen	3	15	1997				
Eddie Garcia	3	15	1998				
Nathan Leon	3	17	2013				
Lee Pumroy	3	18	1993				



# ANNOUNCEMENTS

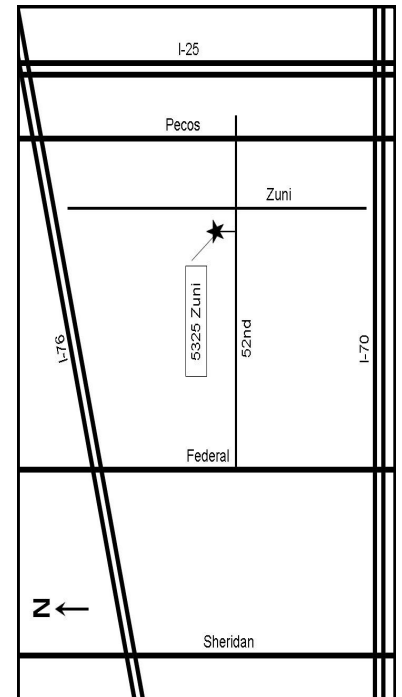
Feb 16 - Board Meeting at 6:00 PM  
Support Group at 7:30 PM

March 16 - Support Group at 7:30 PM

April 20 - Board Meeting at 6:00 PM  
Support Group at 7:30 PM

ADDRESS SERVICE REQUESTED

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LITTLETON, CO  
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We meet in the cafeteria of the CenturyLink Building at 5325 Zuni in Denver on the 3rd Saturday. The entrance to parking is on 52nd.